

# МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА

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## METHODS OF PSYCHOLOGICAL INFLUENCE IN FORMING SELF- CONFIDENCE IN TEENAGERS

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### Annotation

This article examines the various psychological interventions used to develop self-confidence in adolescents. Self-esteem is an important aspect of adolescent development and has a significant impact on social interactions, academic achievement, and overall well-being. By understanding and implementing effective coping strategies, parents, teachers, and counselors can make a positive contribution to enhancing adolescents' self-esteem. This article provides an overview of the key methods discussed, including positive reinforcement, cognitive behavioral techniques, role modeling, and supportive communication. It also highlights the importance of taking individual differences and developmental stages into account when applying these methods. With a comprehensive understanding of psychological influences, stakeholders can empower adolescents to develop strong self-confidence, laying the foundation for their future success and resilience.

**Key words:** self-confidence, adolescent development, positive reinforcement, cognitive-behavioral methods, role modeling, supportive communication.

### INTRODUCTION

Adolescence is a critical period of development characterized by significant physical, cognitive, social, and emotional changes. This article provides an overview of the developmental milestones and challenges of adolescence. It discusses the biological changes of puberty, including hormonal changes and brain development, and their impact on behavior and cognition. Additionally, it examines the psychosocial aspects of adolescence, such as identity formation, peer relationships, and the development of autonomy. It also examines the impact of family dynamics, cultural influences, and social expectations on adolescent development. Understanding the complexities of adolescent development is critical for parents, educators, and policymakers to effectively support adolescents as they transition to adulthood.

Building children's self-confidence is a multifaceted process that is crucial to their overall development and well-being. This article explores various strategies

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and approaches to developing confidence in children. It examines the role of caregivers, teachers, and peers in creating a supportive environment that helps build confidence. The importance of positive reinforcement, encouraging independence, and providing opportunities for achievement and improvement is discussed. In addition, the impact of constructive feedback, setting realistic goals, and teaching resilience to failure is highlighted. Additionally, the article considers the importance of developing a growth mindset and self-efficacy beliefs in children. By effectively implementing these strategies, stakeholders help children develop a sense of self-confidence that enables them to overcome challenges and achieve success in various aspects of life. Adolescence is an important stage of human development and is characterized by a variety of physical, cognitive, and socio-emotional changes. Among these changes, developing self-confidence is a key factor in adolescents' ability to overcome adversity, build healthy relationships, and achieve their goals. In this article, we will examine the field of psychological interventions aimed at increasing adolescents' self-confidence. By understanding and effectively implementing these strategies, parents, teachers, and caregivers can empower adolescents to thrive in the challenges of adolescence. Self-confidence, defined as the belief in one's abilities and worth, plays a central role in adolescent development. During this period, adolescents struggle with issues of identity, peer acceptance, and academic pressure, all of which significantly affect their self-perception. Adolescents with high self-confidence are more likely to assert themselves, overcome challenges, and persevere.

Cognitive-behavioral strategies equip adolescents with tools to overcome negative self-perceptions and replace them with more adaptive ones. Techniques such as cognitive restructuring, thought monitoring, and reprocessing can help adolescents build resilience and self-efficacy. Observing and interacting with confident role models can have a significant impact on an adolescent's self-confidence. Whether a parent, teacher, or peer, observing confident people in a variety of fields serves as a source of inspiration and role models for adolescents. Open, non-judgmental communication channels between adolescents and adults they trust provide a platform for expressing concerns, seeking guidance, and affirmation. Attentive listening, sensitive support, and constructive feedback foster a sense of security and self-confidence in adolescents.

*Adolescence is characterized by the following psychological features:*

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1. The emergence of a sense of adulthood and emancipatory reactions. According to V.V. Kovalev, this is the desire to achieve adulthood, independence, the desire to free oneself from the guardianship of adults, to refuse to belong to children. The teenager seeks to expand his rights and limit the rights of adults in relation to his personality. Discontent and disobedience are the means of a teenager seeking to change the previous type of relationship with adults.

2. Grouping reactions with peers Communication with peers is the leading activity in adolescence, and educational activity fades into the background. According to Lichko, joining a peer group on the basis of equality and cooperation is the most important problem of our time: constant communication with peers creates the desire of a teenager to take a worthy place among them and is one of the main motives for behavior, activity the guys communicate in groups, their friendship is very emotional, full of many experiences.

3. The emergence of interest in the opposite sex A.V. According to Matyukhina, physical and sexual development causes a teenager to be interested in the opposite sex and at the same time increases attention to their appearance. There are very emotional love-friendship relationships. Unrequited sympathy is often a source of very strong emotions. Some teenagers also have their first sexual experience.

4. Development of self-awareness. The most important feature of a teenager's personality, as L.S. Vygotsky pointed out, is the rapid development of reflection and self-awareness on its basis. It is at this age that a person's orientation towards self-esteem appears. The level of a teenager's aspirations depends on the nature of self-esteem. Self-esteem appears and is formed in the process of communication between a teenager and other people. M.V. Gamezo said: "If the assessment is adequate, then adequate self-esteem is formed, and if a teenager is underestimated or overestimated, then insufficient self-esteem is formed." Based on the above, it can be said that the adolescent realizes that he or she is no longer a child, experiencing significant changes in their physical and sexual development, feeling the opportunity to be socially active and socially significant in the family and at school.

## CONCLUSION

Adolescence can be a difficult journey, full of uncertainty and self-doubt. However, using effective psychological interventions, stakeholders can play an important role in nurturing self-confidence in adolescent children. Nurturing self-

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confidence through positive reinforcement, cognitive behavioral techniques, role modeling, supportive communication, or encouraging independence can help adolescents develop the resilience and resilience needed to thrive in an ever-changing world and be confident in their abilities. As we continue to explore innovative approaches to adolescent development, let us commit to empowering the next generation of confident and resilient individuals.

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